



Military, Families Can Get Online Mental Health Screening



Military members and families coping with the stress of overseas deployments and other potential health-threatening issues, can obtain a mental health self-assessment or screening through a Web site co-sponsored by

DoD and Screening for Mental Health Inc., a nonprofit organization.

People logged onto the site are asked to answer a series of questions. The program "grades" the completed survey and gives people an evaluation of their present mental health and provides assistance resources, if deemed necessary.

National Guard and reserve members returning from overseas deployments also are authorized to use the Web site. Returning reserve component members have two years of health benefits provided by the Department of Veterans Affairs.

To access the Mental Health Self-Assessment Program, visit <https://www.militarymentalhealth.org/welcome.asp>.